

BODY ACCEPTANCE WEEK

This week is about fostering more peaceful relationship with your body. There is so much in our world that reinforces ideas that we are not enough and changing our body is the answer. Check out these events to find more connection with your body in community with others.

MONDAY

3/24

Podcast Recommendation: [Rejecting Diet Culture](#)

What if the best diet, is to reject diet culture? Listen to an interview with Virgie Tovar, plus-size Latina, author, lecturer, and leading expert on weight-based discrimination and body positivity. Virgie talks about ways to feel more comfortable in your body and leave dieting behind.

[Listen here](#)

TUESDAY

3/25

Draw, Paint or Collage Your Own Body Story

5:30-6:30pm
HWE Office
Below Ross Dining Hall

Join this interactive workshop to collage, draw or paint your own story about your body.

Participants will leave with some ideas about how to have more peace in your body relationship.

Pizza provided!

WEDNESDAY

3/26

Body Scan Meditation

12:00-12:30pm

HWE Office
Below Ross Dining Hall

Do you find it hard to connect to the rest of your body below your head, neck and shoulders?

Come try out a relaxation technique called a "Body Scan" in a calming sensory space.

Don't have time? [Listen to a guided scan on your own time.](#)

THURSDAY

3/27

JusTalks: Diet Culture and Fatphobia

4:30pm

Mitchell Green Lounge
McCullough Hall

What is diet culture? How might our campus community reinforce it? What does a holistic definition of well-being look like? In this workshop, we'll discuss health, diet culture, body image and fatphobia, and how it is embedded in our Middlebury community.

SUNDAY

3/31

Body Weight Workout with Sal Nakhlawi '19

1:30-2:30pm

Mitchell Green Lounge
McCullough Hall

Interested in learning more about movement you can do in your own space, on your own time?

Register for a free body weight workout with Sal Nakhlawi '19 of [StrongHER Girls](#). Leave with a free mat and set of bands.

Space is limited to 25

Sign up:

[go/BAWorkout](#)